

MONDAY

EDITION

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Though it isn't an official winter sport, driving on slick roads may be winter's most dangerous activity. See story on page 2.

Cross-country skiing is becoming the sport of choice for those who want to improve on cardiovascular fitness. See story on page 3.

Active people may find cold weather conditions hazardous to their health. See story on page 7.

Snowshoes can be used for exercise, recreation

Snowshoes were an important mode of early American transportation.

By BECKY HANSEN
University Staff Writer

At first glance, they may appear to be nothing more than two tennis racquets strapped to a pair of snow boots, but snowshoes are an effective means of transportation when winter weather gets nasty.

"Snowshoes have played a part of American history for hundreds of years. They used to be the main mode of winter transportation, but are now used for recreational purposes," said Reed Flygare, owner of Jerry's Sport Service in Orem.

According to many historians, the American Indian developed the snowshoe as it is known today. Originally designed for better maneuvering in deep snow while hunting and traveling, the Indians introduced snowshoes to French explorers in the 1600s.

Today, snowshoeing is more than mere folklore. Forestry personnel, farmers, search-and-rescue teams, ski resort personnel and trappers use snowshoeing for maneuvering in remote areas.

Snowshoes distribute a person's weight over a large wooden or metal frame laced with rawhide, preventing the person from sinking into deep snow.

Some expert snowshoers can travel at speeds exceeding 5 miles per hour, using an outward swinging motion to propel them through the snow.

Recently, snowshoeing has gained popularity as a sport and recreational activity.

The average person has no trouble picking up the sport, Flygare said. "If you can walk, you can snowshoe."

What makes snowshoeing so attractive as a recreational pastime is the low cost involved, he said. Rented snowshoes average \$4.25 to \$5.50 a week-day. Purchases of snowshoes with binders and frames can cost anywhere between \$100 and \$200.

Flygare told the story of a 65-year-old man in poor health who was told by his doctor to get some type of intense winter exercise. The man, who loved the outdoors, tried the sport of snowshoeing and was surprised at how health-beneficial his experience was.

When a big snow hits, families with cabins too remote to reach by car use snowshoes to pack in food and supplies.

Trappers and hunters also use the shoes and many Boy Scout troops use them for winter campsouts, Flygare said.

Benjamin Sibbett, 22, a sophomore from Salt Lake City majoring in finance, said snowshoes are an excellent way to get around in areas of thick brush.

"Snowshoes are great for the uphill climb while regular boots just make you slide down the mountain," he said.

Sibbett, who works at Gart Brothers Sporting Goods Co., tried the sport for the first time when he was 17. He said no real skill was necessary to master the sport and he found it to be quite fun.

er Brad Vancour chases world snowboarding champion Ross Rebagliati through the powder of Blackcomb, British Columbia in a scene from Warren

Miller's "Steeper & Deeper." Though most BYU students won't be making a ski film this semester, they can participate in the sport Utah is famous for.

Advancements in ski industry make the sport safer, more fun

releasable bindings, high-tech boots combine to make the sport safer.

MICHAEL BEESON
University Staff Writer

When you aim your skis downhill, enjoy the snow this winter, you may want to consider the great advances the ski industry has made since its beginning.

According to the United States Ski Association, the oldest pair of skis is in the Djugarden Museum in Stockholm and are estimated to be 100 years old. Skis were anciently used as methods of transportation and were useful for battles in the snow.

Sverre of Sweden was the first to tip his troops with skis at the Battle of Oslo in A.D. 1200.

Skis were seen in America in the 1800s, but it wasn't until the California gold rush in the 1850s that forty-niners used them to descend the Sierra Nevada.

One of the premier skiers at that time was a Norwegian native, John Thompson, who carried the mail across the Sierra Nevadas in the 1800s. With the use of snowshoes and plank skis, Thompson could make the 70-mile arduous trip from Placerville to Carson City in 3 days. Such speed was unprecedented during that era as the book "The History of United States Ski Association" notes.

Utah's first exposure to skiing was by Scandinavian miners in Park City who used their skis as transportation to and from the mines, according to the Park City Historical Museum.

The Scandinavians used their skis for recreation as well, but it was 1932 before the first rope tow was built at what is now the Deer Valley ski resort. Early skiers would often have to pack their skis on their backs and climb the mountains just to enjoy a few minutes of fun. Mel Fletcher of Park City, a former competitive jumper, first learned to ski in 1928.

"We had to pack our wooden skis on our back and climb up the hill where we would build a jump and ski down," Fletcher said.

To the thanks of millions of skiers, the resorts have evolved. With the advancement of lifts and gondolas, resorts on the Wasatch Front can accommodate between 7,000 and 19,000 skiers per hour.

And where skiing once required some snow to fall, now snow-making machines are available. Park City holds their World Cup annual race over Thanksgiving weekend and can't always rely on Mother Nature to supply enough snow. So Park City has opened their season the last six years primarily with machine-made snow, said Mark Menlove, director of communications at Park City.

"Snowmaking technology is light-years ahead of where it was five years ago," Menlove said.

Contrary to the equipment used just 15 years ago, today's skis, boots and poles make skiing a pleasure, not a pain.

Bill Prue of Jerry's Sport Service in Orem made his first pair of skis from oak barrel staves. He learned to ski in 1948 on his farm that was located where the Utah Valley Community College campus is now.

The first skis were much different than modern skis. The bottom of the first skis were rounded and the edges were curved, which made turning much more of a challenge than the present flat-bottomed fiberglass skis with metal edges. The suggested ski length for beginners was to be the same as the skier's vertical reach, while today it is recommended that the upright ski reach the bridge of the nose. The boots were also lower and were attached to the ski with leather straps.

Prue said skiing on the old types of skis was more dangerous than skiing on modern skis. "If you wiped out with those six to seven foot (skis) flying around, ankles were bound to break," Prue said.

"The single most important advancement in ski equipment was the advent of the releasable binding," Prue said.

The early 1950s brought about ski boots and releasable bindings that drastically reduced the number of injuries.

Skis, boots and bindings are now adjusted to the skier according to weight, height and ability to prevent injury. High-tech boots with numerous adjustments, and even heaters, have replaced the more dangerous low boots.

Whether a expert or a novice, every Wasatch Front resort has full and half-day lessons available.

Prue suggests that beginners take a few lessons periodically to fine-tune their skills.

BYU's Physical Education Department offers a winter semester class for all levels of skiers. There is a \$35 charge for bus transportation and an additional \$12 charge for a half-day pass at Sundance.

For beginners, most agree that renting is the only way to go. The selection is better and the cost of renting equipment is considerably cheaper when one rents at sporting goods stores rather than at the ski resorts.

Twenty students who considered themselves skiers were asked how much they spent on skiing. On the average, they spent \$725 for their skis, boots, bindings, poles, pants and jackets. They also spent between \$100 to \$300 a year on ski passes.

To save a few dollars, ski passes for some of the resorts can be bought at the BYU Bookstore. Prue summed up his history of skiing with his own advice, "Have fun. That's the big thing, just have fun."

Bumper skiers could slide right into jail

\$500 and 90 days in jail. Life and property includes the life and property of those pulling and those being pulled.

Robert West, an assistant city attorney, said depending on the circumstances, hookey bobbers may receive six months in jail and a \$1,000 fine for the charge of disorderly conduct or reckless driving. He also said that if the behavior of those participating is severe enough, they could be charged for a felony. In Utah, most traffic violations (as opposed to infractions like parking) are considered misdemeanors.

"The practice is very hazardous and it should be discouraged," said Lt. Craig Gesslison of the Provo Police Department.

Hookey bobbin', alias: skeeching, buzzing, bumping, bumper skiing and

bumper sledding, is not a new "sport." Irene Nielsen, 80, from American Fork, remembered one time when she went skeeching with her friends 60 years ago. She said she and her friends used barbed wire to tie a sleigh to the back of a car. While the car was moving, one of the skeechers fell off the sleigh and got caught in the wire.

"That cancelled our sleigh riding for that night," Nielsen said. "It wasn't the smartest thing to do, but we did a lot of things that weren't too smart."

Some Alaskan hookey bobbers do not need roads to slide on. Adjacent to Bethel, Alaska, the Kuskokwim River freezes solid enough for snowplows, automobiles and legal hookey bobbers.

"We don't have any authority to stop them from doing it on the river," said Sgt. Jean Achee, the acting Police Chief and acting lieutenant of the

Bethel City Police Department.

The river is technically not considered a highway, but because state-owned snowplows are used to clear a road on the river, Bethel City Police do have the authority to investigate traffic accidents and crimes that happen on the river.

Achee said that hookey bobbin' is potentially dangerous, but that in Bethel it has not been a big problem.

"I haven't given a citation for this in a long time. Basically what we do is give them verbal warnings. If they do it in town, they'll receive a citation right on the spot. Basically they stop after we tell them we will give them a ticket for it," he said.

In Alaska, bumper skiing on a state roadway is most often considered a violation (like getting a traffic ticket) which will generally bring a fine of

\$20. Depending on the severity of the violation, it may bring a fine of up to \$299 or can be considered a misdemeanor under the terms of reckless endangerment, which could lead to arrest. Under extreme circumstances, bumper skiers can receive a fine of up to \$5,000 and one year in jail.

Achee said he understands the potential pain involved in bumper skiing first hand. "I can tell you from my personal experience — when I was in Fairbanks — it tends to hurt (hookey bobbin'). It's dangerous to do but anything is dangerous. Waterskiing is dangerous," Achee said.

The Provo City code pertaining to the activity reads, "No persons riding upon any bicycle, coaster, rollerskates, sled or toy vehicle shall attach the same or himself to any street car or vehicle upon a roadway."

NEWS DIGEST

Compiled from staff and news service reports

Hindus destroy 16th-century mosque

AYODHYA, India — Hindu fundamentalists used pickaxes and crowbars Sunday to raze a 430-year-old mosque they say was built on the site where a main Hindu deity was born. The government declared the nation under its highest security alert and braced for a Muslim backlash.

At least four Hindu militants were killed and 100 others injured by falling debris as the 16th-century Babri Masjid, or Mosque of Babar, was demolished in less than six hours by thousands of frenzied Hindus.

Prime Minister P.V. Narasimha Rao said the destruction of the three-story mosque had pushed the country into "a grave crisis."

About 1,000 people were killed in Hindu-Muslim riots that broke out in northern India in 1990 after Hindu extremists stormed the mosque in the long-standing religious dispute. That crisis brought down the government.

In New Delhi, 20 prominent Muslim leaders met with President Shankar Dayal Sharma on Sunday and expressed "deep anguish and pain."

"Those who have harmed (the mosque) have caused injury to the centuries-old ethos of India," he said. They have "violated the rule of law, the tradition of India of mutual respect for all religions."

Half of '92 Rhodes Scholars are women

LOS ANGELES — Women made up half the 32 Americans named as Rhodes Scholars on Sunday, in their biggest gain since becoming eligible in 1976.

The students include a woman who won one of President Bush's "Point of Light" awards for tutoring children, an aide to Vice President-elect Al Gore and a track star who has modeled in *Vogue*.

The greatest number of women chosen in each of eight districts in previous years was 14.

The lowest — just two years ago — was five women, while the average is between 10 and 11, said David Alexander, American secretary for the Rhodes Scholarship Trust at Pomona College in Claremont, Calif.

Winners of the scholarships to Oxford University in England were chosen from 1,275 applicants from 350 colleges and universities in the United States.

Official billed school for vacations

OGDEN — Ogden schools Superintendent James West has amassed \$40,000 in air fare expenses and charged the school district for lodging while staying at his second home in St. George while on business meetings.

The Standard Examiner, in a copyrighted story Sunday, quoted state prosecutors who said the lodging practice may violate state travel policy.

In a series of three stories — which will continue Monday — the newspaper examined West's travel and expenses during his five-year tenure. The story said West acknowledged billing the district during 12 trips to St. George.

The trips were for meetings, school visits and retreats, West said. West justified the billings, saying the district would have to pay for a hotel otherwise. "I have to lodge somewhere for the meetings," he told the newspaper in a Friday interview. "My place has quite a few expenses, too. You have the payment on the place, you have cleaning fees and everything."

More earthquake faults found in L.A.

LOS ANGELES — Two previously unknown earthquake faults have been discovered in downtown Los Angeles, passing beneath skyscrapers, along the Hollywood Freeway and near Dodger Stadium, geologists said Sunday.

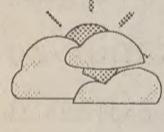
If the faults are active, they could produce quakes measuring 5.5 to 6.5 on the Richter scale.

That would "be very damaging because they are so close to major population centers," said geologist Jim Dolan of the California Institute of Technology in Pasadena.

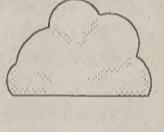
Of more concern is the possibility that the newly discovered Echo Park and MacArthur Park faults may be connected to and rupture at the same time as the deeper Elysian Park fault, which was discovered five years ago, Dolan said.

Government studies have said that even a magnitude-6.5 quake centered under Los Angeles could be far more deadly and damaging than a quake measuring 7.5 to 8.3 on the more notorious San Andreas fault, which is about 35 miles from downtown.

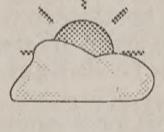
"There are so many faults throughout the L.A. area that adding two more doesn't really significantly heighten the hazard," said Jim Mofli, scientist in charge of the U.S. Geological Survey's Pasadena office.

THREE-DAY WASATCH FORECAST**Monday**

VARIABLE CLOUDY
Highs in the high 30s
to lower 40s.
Lows in the 20s.
Winds with chance of
afternoon snow.

Tuesday

SNOW LIKELY
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Lows in the teens.

Wednesday

PARTLY CLOUDY
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Lows near 19.
Still cold with chance of
snow.

Source: KSL Weather Information Line

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"I glory in plainness; I glory in truth; I glory in my Jesus, for he hath redeemed my soul from hell."

— 2 Nephi 33:6

This is Kylie Nielson's favorite scripture because, "Sometimes I get off track and try to make things more complicated than they are. That's when I look up this scripture and have Nephi remind me that Jesus is the way, and His way is simple and true. It's easy if we'll let it be."

Kylie is:
• a junior
• from Cody, Wyo.
• majoring in political science

**Winter drivers warned to chill out**

Those who are unfamiliar with winter driving are advised to slow down and be more cautious.

By MATTHEW S. FRANCK
University Staff Writer

Though it's not an official winter sport, driving on slick, snowy roads may be one of the season's most difficult and dangerous activities.

A BYU professor says the dangers are even greater among out-of-state students who are unfamiliar with winter driving.

Professor of health sciences Paul Coon, who teaches the driver edu-

cation teacher certification program, says students make errors that can be corrected by following a few simple tips.

Coon says drivers unfamiliar with slick roads tend to drive too fast and are not aware of the need for greater braking distances or the dangers of locked brakes.

He says students new to winter driving should practice on a large vacant parking area with someone more skilled on handling a car in slick conditions.

The American Automobile Association also publishes a winter driving pamphlet full of preparation tips and driving tactics aimed at avoiding smashups.

The pamphlet gives several pointers to avoid swerving and skidding, some of which include:

• Allow eight to 10 seconds following time, rather than the two seconds recommended on dry roads.

• Before changing lanes, reduce speed then steer steadily to the next lane.

• Minimize braking on slick roads.

• When braking is necessary, plan ahead by applying the brake pedal 12 seconds in advance, if possible.

• Instead of pumping breaks, apply a steady force, but not so strong as to lock the breaks.

• If brakes lock, release pressure on the pedal, and apply less pressure the following time.

If, despite all precautions, swerving still occurs, the AAA has a few suggestions on how to regain con-

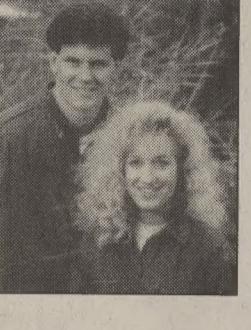
trol of an automobile. They recommend placing the vehicle in neutral, without applying the brakes, gently re-guiding the car to the desired direction.

One of the most essential tips for safe winter driving, however, is preparation.

Especially for long trips, the suggests maintaining a stock of important items in the trunk to tackle the snow.

Those items include a scraper, snow brush, small shovel, bag of abrasive material (such as sand), flashlight, flares, jumper cables, extra clothing and a blanket.

AAA also recommends a full-up before winter trips, with attention to the brakes, light steering systems of the car.



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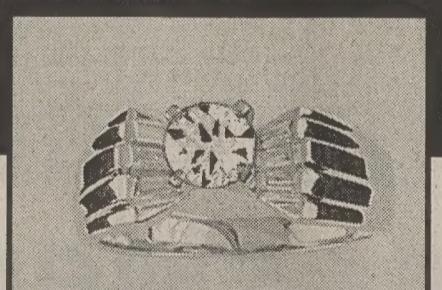
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Utah hopes to attract 2002 Olympics by building speed skating oval, luge

city until 1995.

The bobsled and luge tracks are being built in Summit County at Bear Hollow near Park City, and will include the needed facilities that Utah lacks.

The project has a budget of over \$20 million according to the Olympic Bid Committee.

Oklan Construction has the contract for building the project and is scheduled to start construction of the track and support buildings in April 1994, with construction completed in October 1995. The facility will be open to the public in the winter of 1995, according to the Utah Sports Authority.

The ice sheet will be built in Ogden on Weber State University's campus near the Dee Events Center. Glenna Elton, secretary of the Utah Sports Authority, said Weber State University donated the land for the facility.

The project has a budget of

almost \$8 million. Elton said \$3 million of the funding for the project will come from the Utah Sports Authority and the remaining \$5 million will be raised by the Ogden community.

The Olympic-size ice rink will hold over 2,000 spectator seats, a concession area, lounge, dressing rooms and lockers and several support buildings. Construction started in the spring of 1992 and is expected to be completed by fall 1993.

Elton said the ice rink will be open to the public for a fee. This fee will help with some of the cost for the rink's construction.

The speed skating oval is to be built at the Oquirrh Park and Fitness Center in Kearns.

This site was chosen by the Utah Sports Authority in October 1992 over the Salt Palace in Salt Lake because it will be a year-round facility and will benefit the commu-

nity before and after the Olympics. Allan Lipman, a committee member for the Utah Sports Authority, said, "We have to look at (the Olympics) as being more than just an 18-day event."

The cost to build the facility will be \$14.5 million.

Elton said construction for the site will begin soon and is to be completed by 1995 for public use.

The Utah Sports Authority was formed in 1990 by the State Legislature to promote and oversee the necessary building arrangements of the Olympic facilities that Utah lacked to qualify for the final bid.

Other facilities that are being built or improved are a winter sports park, ski jumps and a summer freestyle aerial facility, to be constructed and finished by 1995 near Park City in Bear Hollow, according to the Utah Sports Authority.

BYUSA wishes you good luck on finals and a happy and safe holiday season. Merry Christmas

BYUSA
STUDENT SERVICE ASSOCIATION

Cross-country skiing building in popularity

of conditioning. Downhill skiers can improve balance and position with cross-country, Palmetier said. Cutmull said, some of the best collegiate long-distance runners cross-country ski to condition.

For those who enjoy competition, some of the best cross-country races in the country are held at Park City.

However, a person doesn't have to be a world-class athlete to enjoy cross-country skiing. "The races are much

"You exercise every muscle group in your body, not to mention the cardiovascular benefits."

— Sam Palmetier,
Sundance nordic center
director

with competitors from all different levels," said Paul O'Connor, 33, a senior majoring in nutrition. "You can take up the sport at all different levels," he said.

O'Connor and a group of cross-country skiers are starting a club on campus. The club, which just

turned in its charter Friday, has a unique international flavor with members from Finland, Germany, Ireland, France, Canada and the United States. The club is welcoming anyone interested in cross-

country skiing, whether they have tried the sport or not.

"The main purposes of the club are to encourage the sport, to help beginners learn to cross-country ski and to prepare skiers for competition," O'Connor said.

Many cross-country ski areas exist in the area. Sundance has 14 kilometers of cross-country trails. Other areas with excellent cross-country trails are Park City, Wasatch State Park, White Pine, Jeremy Ranch, Sun Valley and the Payson Boy Scout Camp.

Ice skating rinks in Provo, Salt Lake encourage people to learn to skate

State Park Skating Rink, at 4400 West Center, are open seven days a week — weather permitting.

The cost of ice skating in Provo ranges from \$1.75 for children to \$2.50 for adults. Skate rentals are \$1.

Seven Peaks also offers group ice skating lessons at \$30 for six ses-

sions of a half an hour each. Ice skating students are also given free practice time on the ice after each lesson, said a Seven Peaks spokesperson.

"The youngest ice skating student we have seen was 18 months old and the oldest was 70-years-old," Midgley said.

That is not that hard," said Joleen Waller, a professional ice skating instructor at the Bountiful Convention Complex who has been teaching for more than 10 years.

Practicing is more a matter of getting out on the ice and practicing.

It is best to learn instruction to learn techniques such as going backwards, stopping, etc., but anybody can get on the ice to experience ice skating without the need of lessons.

Provo offers two seasonal ice skating rinks where people can go to practice or learn how to skate.

Seven Peaks, located on the east side of Center Street on Seven Peaks Parkway, and Utah Lake

structor says ice skating is not that hard, if you practice.

BRIGHAM YOUNG UNIVERSITY LEARN TO DRIVE

HEALTH 10

A driver's education course is being held to assist foreign students and other adults to qualify for a Utah driver's license. This course provides extensive behind-the-wheel training and meets the Utah State requirements for an approved driver's education course.



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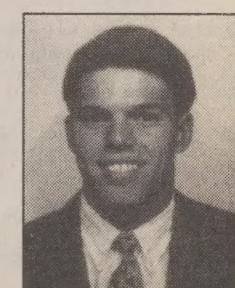
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CAMPUS**BYU ROTC to present portrait of Mormon**STEPHANIE TRAVELLER
University Staff Writer

Army ROTC will unveil a bust of Mormon, a prophet and general in the Book of Mormon, today at 2 p.m. in the ELWC Memorial Lounge.

Steve Pinnock, a BYU graduate, commissioned last year to create a portrait of Mormon. In addition, Pinnock also created a bust of Mormon.

The painting and bust depict Mormon at the age of 24. "That age is selected because that is the age when most BYU students graduate."

It's important for them to realize that they can also accomplish many great things," said Lt. Col. Ed Searle, a professor of military science.

We decided to use General Mormon as a role model for cadets because of his great example. By studying him, they can learn about the characteristics that allowed him to be a great warrior, general and a significant religious leader," Searle said.

Mormon is a great example, he and his nation through four major military confrontations, commanding 20 to 40 battles, assumed the responsibilities as the historian for creation and had the opportunity of being visited by the Savior, Searle said.

FELLOWSHIP ALERT

Chi Kappa Phi Will award approximately 50 fellowships for the first year study in a graduate or professional school. Application deadline is January 1993 to the BYU chapter. For further information and applications, see W.E. Evenson, 270 ESC.

GAAAD FELLOWSHIPS AND GRANTS: The German Academic Exchange Service is a publicly funded, private organization that offers several types of scholarships and grants for study in Germany.

CALIFORNIA EXECUTIVE FELLOWS PROGRAM: This program is geared toward professional education development. Twelve fellows serve staff positions in the executive branch of the State of California while simultaneously being supported by, and pursuing academic course work for a master's degree. Application deadline is March 1, 1993.

State Farm Exceptional Student Scholarship: Fifty \$3,000 scholarships will be awarded nationwide. These fellowships are available only to current, full-time college juniors and seniors at the time of application majoring in business related areas. Deadline for applications is Feb. 15, 1993.

Barry M. Goldwater Foundation: It award up to 300 scholarships to junior and senior students planning a career in mathematics or the natural sciences. The awards are for up to \$1,000 per year. To be eligible, a student must be a junior or senior in the 1993-94 academic year. Applications are due Jan. 24, 1993.

Department of Defense Graduate Fellowships: The Department of Defense sponsors three programs for graduate study in science and engineering. These programs are for students at the beginning of their graduate studies. Each program has different phases and eligibility requirements.

Tenure for the fellowships is three years with a stipend beginning in the first year at \$15,000. Application deadline is Jan. 20, 1993.

Further information about these scholarships and fellowships is available from General and Honors Education in 302 ERB.

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Limited delivery area**Cox to speak on conserving rainforest, student efforts**By AMY LEAVITT
University Staff Writer

Paul Cox, BYU botany associate professor will be speaking to BYU students about what they can do to become involved in rain forest conservation on Tuesday at 7:30 p.m. in the JSB auditorium.

Cox, who is known internationally for his work to save the Samoan rain forest, will speak to students about the rain forest and the Samoan people's struggle to protect the forest and how students can assist their efforts.

"The people of Falealupo village have struggled to protect the forest from loggers, even though their village has been decimated by a hurricane," Cox said.

I have seen the villagers go hungry, without food and shelter, and still refuse to accept money offered to them by the logging companies.

Through their courage the Samoan people have been a inspiration to the world."

The villagers are protecting a rain forest which, according to an article in BYU Today, is the home of 40 percent of the plants found nowhere else in the world.

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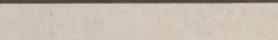
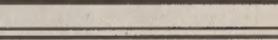
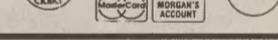
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The Utah County terrain provides sledders with many slopes to slide on.

By AMY LEAVITT
University Staff Writer

neering from Portsmouth, Va.

Kim Johnson, a preschool teacher at Peteeteet Elementary School in Payson, said, "We sled here all of the time. People are really good to watch out for each other."

Riddle said the best place to sled is in Woodland Hills located just outside of Salem.

"Hobble Creek Canyon is a good sledding location," said Mandy Pead, 19, a sophomore in humanities from Orem. "Toppling onto the road with oncoming cars is always a rush."

Those who are thinking about taking advantage of the hills at the Seven Peaks Golf Course this winter should think twice. A spokesperson for Seven Peaks said the golf course is off limits and they will notify the police if any trespassers.

BYU also discourages sledders because of property damage and possible injury. Captain Mike Harroun of the University Police encourages students to go to the mountains and ski resorts to sled. What make the best sleds?

Pead said, "Tubes definitely." Johnson disagrees, "Flat pans with handles on each side or plastic garbage bags."

Others have taken advantage of resources on campus for sledding. "When I was a freshman, we borrowed trays from the Cannon Center to use for sleds," said Amy Nester, 20, a junior in communication studies from Simi Valley, Calif.

Although sledding is a fun winter sport it can also be dangerous, said

Mike Nyberg, 24, a radiology major at Utah Valley Community College from Longview, Wash. "Sledding can be dangerous if you are not familiar with the area. Choose sledding terrain with discretion."

Students who do not have sledding equipment can rent toboggans from Outdoors Unlimited or can buy used inner tubes from tire centers. Big O Tires, David Early, Discount Tire Co. and Fakler Tires sell new inner tubes, prices range between \$7.50 and \$15.

Outdoor winter sports can result in injuries

ive people are advised doctors to take cautions in activities.

RENE CHEN
University Staff Writer

ive people may find cold weather conditions hazardous to health.

In the winter snowfall comes a host of sports injuries, especially leg accidents, said Dr. Jim McIntyre, a sports medicine specialist for the Canadian Downhill Team and Cottonwood Hospital Specialty Hospital.

Whether you're skiing or snowboarding, you need to stay within your limits," he said. "The famous last run has been responsible for great number of injuries. In runs where you are under control, not runs that control you. Make sure your equipment is propertly fitted and be prepared in case equipment fails."

The good mechanics. Don't try to do things you're not capable of," Jim Armstrong, Orem Community Hospital manager of physical therapy.

st winter sports accidents we injured knees from skiing, strong said.

suggests people planning to build better endurance and stability through an exercise program that stabilizes knees, thighs and hamstrings.

Everyone outside needs to take precautions for cold weather and dress, McIntyre said.

High winds on exposed skin causes frostbite. Make sure you cover your ears and nose," McIntyre said. The tissue in the ears and nose is the thinnest in the body and is vulnerable to frostbite or tissue death, said Dr. Richard L. Stone, a dermatologist.

best fabrics for keeping warm in extreme cold are Cinchilla and Fleece, he said.

McIntyre also suggests wearing layered clothing to allow addition or removal of clothes depending on temperature or weather change.

When you exercise vigorously, sweat," he said. "It becomes dangerous in cold weather when you are injured or stop exercising said.



Univers photo by Rana Lehr

Rob Smith, 22, a junior from Brookhaven, Miss., majoring in conservational biology, injured his leg while skiing.

and cool off rapidly. You always need dry clothing."

Sunglasses and hats top the list for practical winter accessories. Additional ultraviolet light from the sun is reflected from the snow and can damage eyes and cause sunburn. A significant amount of heat is lost from the head, McIntyre said.

Drinking alcohol is also harmful to body temperature because it gives a false sense of warmth, McIntyre said.

Recreational winter sports lovers need to take precautions too. Reservoir and lake ice skaters should make sure the ice is thick enough to support their weight, he said.

Anyone involved in outdoor exercise should consult a trainer or physical therapist first, Armstrong said.

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3. Also, check your passport! If it has expired or will expire within 90 days, please make the necessary arrangements to have it renewed, and bring a copy to our office.

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MONDAY

UPDATE

Cheney: U.S. troops to restore order

Associated Press

WASHINGTON — U.S. troops may round up and disarm the warring Somali gunmen who block the delivery of aid to the starving, Defense Secretary Dick Cheney said Sunday, but he insisted Americans will not get bogged down in a guerrilla war.

Cheney, in an appearance on NBC's "Meet the Press," said the first order of business for 30,000 troops being sent to Somalia will be to "restore some semblance of order" and that means dealing with

the guns, mortars, artillery and other weaponry amassed by the nation's warlords.

"We may well want to go in and round up troops or weapons. We might want to offer a bounty" so people turn in their guns, Cheney said.

"We will be concerned about any potential military threat to our own forces, to the relief workers, and we will, in fact, have to deal with some of those elements in order to achieve our objective," Cheney said.

Marine Commandant Carl Mundy

echoed Cheney's comments, saying he hoped U.S. troops encounter "a peaceful disarmament," but he said troops will be ready to meet any challenge if they don't.

"We are prepared to take whatever measures we have to to achieve disarmament," the four-star general said in an appearance on ABC's "This Week With David Brinkley."

The Marine general said he believed U.S. forces in the region will begin moving into Somalia "in about two days." The troops will be allowed to return fire if fired upon, Mundy said.

By JULIE C. DAVIES
University Staff Writer

In the annual Christmas address from The Church of Jesus Christ of Latter-day Saints at Temple Square in Salt Lake City Sunday, President Thomas S. Monson said members who really want to capture the spirit of Christmas in their hearts should realize it is really the spirit of Christ.

President Monson, second counselor in the First Presidency, said since the birth of Christ when the wise men brought gifts to the Christ Child, people have reached into their hearts to give, but "the only true gift is a portion of one's

self," he said. "Give your heart as a gift to Christ," President Monson said. Obedience to the Spirit of Christ will bring peace to the earth because it means good will to men.

President Monson said the woman who was inspired to give a special child's orthopedic walker to her neighbors was a "willing vessel" of giving to others and therefore to the Lord. The neighbors were compiling goods to bring relief to orphans in Romania.

Though the walker was not included on the list of relief supplies requested from Romania, upon arrival, her neighbors found it was needed. A doctor who was

treating a young handicapped asked if they had brought his child's orthopedic walker.

"It was a modern-day miracle," President Monson said.

The First Presidency also issued its annual Christmas message Friday and said although this time of year brings joy and warmth, many, there are others who grieve during this time because of war, hunger and other afflictions.

They said members should serve those who suffer, their deeds, thoughts and prayers. They also said members should rededicate themselves during Christmas time to develop characteristics of charity.

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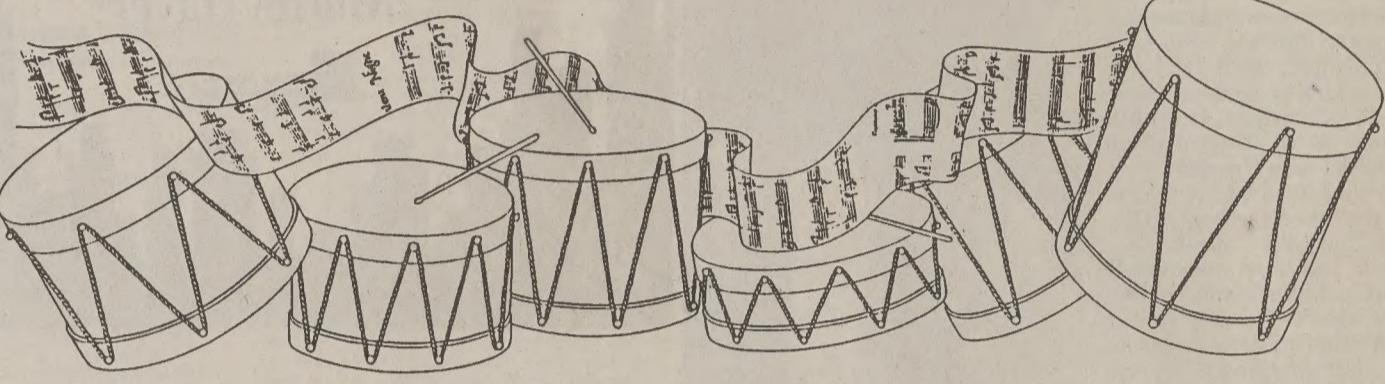
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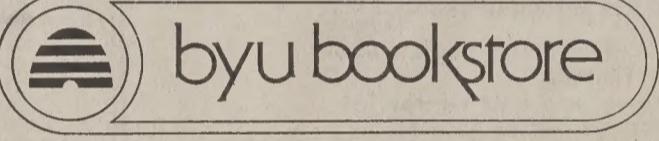


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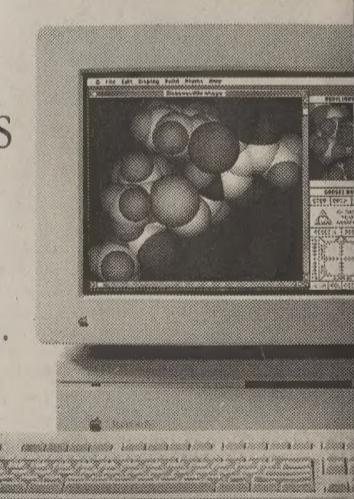


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